

FREE FLU SHOTS

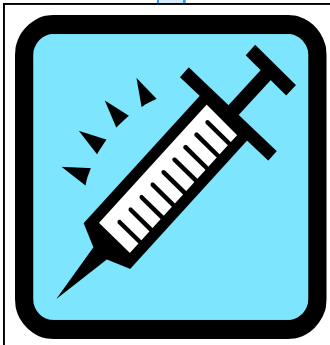
Beginning October 1st, Benefit Options Wellness will again offer **FREE** flu shots until December 31st to all Benefit Options members (including retirees, spouses, and dependents enrolled in the medical health plan). Benefit Options Wellness and Healthwaves will only be providing flu vaccines to dependants over the age of 9. Benefit-eligible State employees (those who were offered benefits, but declined) may also receive a free flu shot.

Dependents and retirees who are *only* enrolled in the dental plan are not eligible to receive a free flu vaccine. However, these individuals can receive a flu shot for \$30 at scheduled events (cash or check). In addition to the flu vaccine, pneumonia shots are also offered for \$40 at time of vaccination. There will be several options for participants to receive their shots:

1. State worksite events
2. Family days (listed pg. 2)
3. Healthwaves public schedule
4. Centralized worksite clinics (listed pg. 2)

Please note that each office may not have their own event as we are combining nearby buildings and offices to make the program more efficient. Benefit Options Wellness will be able to vaccinate more people in a shorter amount of time. For example, the Phoenix capital mall area will host four large events in the Wesley Bolin plaza that will serve all capital mall employees. The schedule, including locations, is posted on the wellness website www.benefitoptions.az.gov/wellness.

Our vendor, Healthwaves, has received enough vaccine to start their programs earlier than in the past several years. Although there have been issues with supply and shipment in the past, this year seems to be running smoothly. Although we do not anticipate any problems, we do suggest checking the status of the program regularly, and checking the schedule before attending any event.



There are two primary ways to **check the status** of the flu program from now through mid-December.

1. Flu Status Phone Line – this line will give any updates and schedules needed regarding the program. Messages will be answered promptly by a Wellness team member. 602-364-2535

2. Wellness Website – the website will have all current information (including date or room changes). Also, if you have a specific question regarding a location, please call the contact listed on the online flu schedule. www.benefitoptions.az.gov/wellness

In addition receiving an annual vaccine, there are a few key strategies to help **prevent contracting the flu virus**. First, wash your hands frequently. Second, avoid close contact with people who have the flu virus. Third, keep your immune system functioning properly by getting adequate sleep, nutrition, and physical activity.

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Be Well Stay Well.

(Flu Shots continued on page 2)

wellness

2007

Upcoming Events

Flu Shots (continued from page 1)

Family Day Schedule

10/20	9:30 am to 1:30 pm Chandler Community Center 125 E. Commonwealth Ave., Room 101
10/22	2:30 pm to 4:30 pm Flagstaff ADOT 1801 S. Milton Drive
11/3	8:45 am to 1:15 pm Red Mountain Multi. Center 7550 E. Adobe
11/10	10:30 am to 2:30 pm Desert West Comm. Center 6501 W. Virginia St.
11/10	1:00 pm to 4:00 pm Longview Comm. Center 4040 N. 14th St.
11/17	10:00 am to 1:00 pm Tucson State Complex 400 W. Congress, Rm. 158

Centralized Worksite Clinic Schedule**Wesley Bolin Plaza, Phoenix****10/22 & 10/23 12:00 pm to 4:00 pm****11/14 & 11/15 9:00 am to 1:00 pm****Tucson State Complex, 400 W. Congress****10/25 7:30 am to 11:30 am****11/28 12:00 pm to 3:00 pm****To receive a free flu shot, eligible****members must:**

- Show your Benefit Options Insurance card**
- Show a Photo ID
- Know the Employee Identification Number (EIN) of the primary insured (State employee)
- We encourage you to complete your informed consent form in advance. The consent form is available on our web-site.
- Please make sure your shirt/dress sleeves can be rolled up to the shoulder.
- A parent or guardian must accompany children under age 18.

**If you are a benefit-eligible State employee (were offered benefits but declined), please show your State ID badge in lieu of the insurance card.

**Thinking about quitting tobacco?**

After smoking a pack a day for 20 years, Jimmy from Maricopa County quit smoking last February and has been smoke-free since. "I used a smoking cessation class...the information I received from the group leader helped me select the best products available for my particular needs," said Jimmy. He also said that most of his family and friends were very surprised that he could quit after 20 years of smoking.

If you are thinking about quitting tobacco, there is help available at no cost to you. The Arizona Department of Health Services Tobacco Education and Prevention Program offers the Arizona Smokers' Helpline (ASHLine), where you will speak to a live counselor to help you quit smoking or chewing tobacco. By calling the ASHLine you will also learn about face-to-face tobacco cessation classes near you. Whether over the phone or in person, counselors will help you develop a personalized quit plan to become tobacco-free. "The wide range of information and flexibility of class scheduling makes it a perfect fit for everyone," said Jimmy.

When you enroll in one of these programs, you may also become eligible to receive discounted medication to assist you in the quitting process. Additionally, you become part of a network of people, who like yourself, are trying to quit tobacco use and will support you in every step of the way. "The support from everyone in your class is support for you, and at no time will they make you feel uncomfortable," Jimmy added.

You, like Jimmy, can quit smoking today! If you are ready to take the first step toward a tobacco-free life, call the ASHLine at 1-800-55-66-222 or visit www.ashline.org.

"I do feel better about myself. I now know that with focus and determination there is nothing I cannot conquer." – Jimmy



Tobacco Education and Prevention Program

be tobacco free

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the **Wellness website** for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

Confidential results will be mailed to your home.

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (**8-hour fasting is required for this blood draw**).
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event.

Oct. 24th — 8:00am-10:00am

Phoenix, AZ State Hospital
2500 E. Van Buren
Forensic Dining Room

No appointment necessary. These screenings are done on a first come, first serve basis.

Mini Health Screenings WILL NOT be scheduled during flu season (October 1st thru December 31st).

**Wellness Classes**

Wellness classes are open to all State employees. Please call or email the agency contact *at least one week* before the scheduled class in order to register. Class descriptions can be found on **www.benefitoptions.az.gov/wellness.**

Surviving Stress with Self-Massage

October 3rd - DOE, Phoenix
2005 N. Central, Room 101
10:00 am - 11:00 am
Contact: administrative.services@azed.gov

October 3rd - DOE, Phoenix
1535 W. Jefferson, Room 417
1:00 pm - 2:00 pm
Contact: administrative.services@azed.gov

Energy Management

October 10th - ADOT, Mesa
7631 E. Main St., Conference Rm.
7:00 am - 8:00 am
Contact: Tina Byrd, 602-712-2245

October 22nd - ASRS, Phoenix
3300 N. Central Ave., 10th Fl. Brd.Rm
11:30 am - 12:30 pm
Contact: Jean Langston, 602-240-2181

Balancing Work, Family, & Self

October 17th - DES, Mesa
1619 E. Main St., Conference Rm.
8:30 am - 9:30 am
Contact: Teresa, 480-834-4233

Instant Calm

October 17th - DES, Mesa
1619 E. Main St., Conference Rm.
9:30 am - 10:30 am
Contact: Teresa, 480-834-4233

Nutrition for Energy

October 17th - DOE, Phoenix
2005 N. Central, Room 105
2:00 pm - 3:00 pm
Contact: administrative.services@azed.gov

October 18th - DOE, Phoenix
1535 W. Jefferson, Room 417
2:00 pm - 3:00 pm
Contact: administrative.services@azed.gov

MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgett, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

October 17— AHCCCS, Phoenix
701 E. Jefferson
8:00am - 5:00pm

October 24 — State Hospital, Phoenix
2500 E. Van Buren
9:00am - 4:00pm

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Online Event Request Form



Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required



Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would like to attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

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www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

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